

Candida Diet

Important Supplements to Take for Clearing / Controlling Candida

PROBIOTICS

- * Absolutely vital for fighting candida infection. Will need to be a permanent part of the diet to keep candida in check.
- * Also important in healthy immune function.
- * Take at bedtime and first thing in the morning.

B-VITAMINS (B-complex)

- * The B-vitamins nourish the central nervous system, and reduce anxiety and irritability common with candida overgrowth.
- * They also help maintain a healthy digestive tract.
- * Use a yeast-free formula, and always take with food.

PLUS EXTRA BIOTIN

- * Biotin is important in the metabolism of carbohydrates.

HIGH POTENCY MULTI-VITAMIN, MULTI-MINERAL

- * Support and increase immune response.
- * Minerals increase alkalinity, important to keep candida in check.
- * Always take with food, preferably in the morning.

DIGESTIVE ENZYMES

- * These break down food and make it more easily digestible.
- * They also help us absorb vital nutrients.
- * Take at every meal. Increase dose if the meal is heavy or includes meat.

ESSENTIAL FATTY ACIDS

- * Important in healing, controlling inflammation, and preventing candida fungus from damaging cells.
- * Take a high quality fish oil, preferably krill, anchovy, or sardine. Smaller fish have much less risk of heavy metal toxicity.
- * Always take with food. If digestive issues are present, take a liquid emulsified form, such as Barlean's.

ANTI-FUNGAL HERBS/SUPPLEMENTS

Take in teas, capsules, or tinctures.

- * Pau d'Arco
- * Olive Leaf
- * Caprylic Acid
- * Garlic
- * Rosemary (enteric coated)

Foods to Avoid

SUGAR

- * Completely avoid sugar in any form.
- * This includes fruit (apples are allowed occasionally) honey, maple syrup, molasses, fruit juice.

DAIRY PRODUCTS

- * Avoid all lactose-containing products, including milk, cheese, sour cream.
- * Alternatives include rice, almond, or hemp milk, soft cheese.

PEANUTS & PISTACHIOS

- * Peanuts contain a lot of mold. Use almond butter instead.

YEASTS

- * Avoid all breads and pastries containing yeast.

VINEGAR-BASED FOODS

- * Avoid condiments, particularly mustard, ketchup, and mayonnaise

ALCOHOLIC BEVERAGES

- * Avoid beer, wine, and hard liquor.

SMOKED, CURED MEATS

- * Avoid bacon, sausage, lunch meats